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Sexual Philosophy

By Fred G. Kaessmann

THE CRUCIBLE

A RED HOT AGNOSTIC PAPER

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AS A MAN THINKETH

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"I looked around upon the world, and saw that it was shadowed by sorrow and scorched by the fierce fires of suffering. And I looked for the cause. I looked around, but could not find it; I looked in books, but could not find it; I looked within, and found there both the cause and the self-made nature of that cause. I looked again, and deeper, and found the remedy. I found one Law, the Law of Love; one Life, the Life of adjustment to that Law; one Truth, the truth of a conquered mind and a quiet and obedient heart. And I dreamed of writing a book which should help men and women, whether rich or poor, learned or unlearned, worldly or unworldly, to find within themselves the source of all success, all happiness, all accomplishment, all truth. And the dream remained with me, and at last became substantial; and now I send it forth into the world on its mission of healing and blessedness, knowing that it cannot fail to reach the homes and hearts of those who are waiting and ready to receive it."—James Allen. Price \$1. 201 pages.



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SEXUAL PHILOSOPHY

"Are you heading for the scrap-pile or scrapping for health?"

It is an all-important question, the foregoing, so please think it over carefully.

Why is it all-important?

Because HEALTH, next to love, *is the greatest thing in the world*. Because without health, little can be achieved. Because without health love is often conspicuous by its absence. Given a perfectly healthy man, healthy physically, mentally and morally, love follows as a matter of course.

You are *not* healthy, *physically, mentally or morally*—if you are misusing your sexual forces, and this you includes just about 999 out of 1,000 persons.

Strong statement, the foregoing? Yes, a strong statement, yet competent authorities say that it is correct. As a matter of fact, these competent authorities say that this ratio—999 out of 1,000—is generosity itself—that this does not paint things sufficiently black.

When does one misuse his sexual forces? Listen carefully: *When one uses them for any other purposes than for pro-creation.*

You cry out in astonishment, "what!" Also, you begin to think of "competent authorities" who say otherwise. You think of some local persons who are *supposed* to know of such things; you think of certain writers whose books have achieved a wide sale. Yet the fact of this wide sale means nothing more than that the books were well advertised. It does not spell merit in the books themselves. Indeed, the fact that these writers who differ with us have taken the contrary view simply *proves* that they know little or nothing of the subject—or THAT THEY ARE RASCALS.

No man—or woman—who undertakes thoroughly to study the subject will return any answer other than the following:

CONTINENCE PAYS—PAYS BIG—PAYS BIG IN HEALTH—IN HAPPINESS—IN DOLLARS AND CENTS, and THIS—BECAUSE LACK OF CONTINENCE CAUSES THE SICKNESS, and, INDIRECTLY, the DEATH—of NINE OUT OF TEN GROWN-UP PERSONS.

Mind, please, you have a right to differ with me. You may act in accord with your own conclusions, you may act in accord with the written or spoken ideas of others. However, in justice to YOURSELF, try the CONTINENT LIFE for three months. THEN decide—but not before. Consider carefully Christ's wonderful warning, "Let no man deceive you"—not even YOURSELF. Yes, "LET NO MAN LEAD YOU ASTRAY."

Before taking up the argument in my way, please let me submit to your utmost careful consideration the burning words of some really competent authorities:

Prof. Larkin: "Can it be possible that Hindu obsession of sex will submerge Europe and America? It is now doing so at a rapid rate. To the amazement of the reader, I hereby assert that this cancer is eating here. I try hard to see a bright light somewhere, but I frankly admit that I cannot see a thing but gloom. All the good and pure people on earth have simply to bind themselves together into a solid body, or they will be obsessed by this awful wave of sex perversion. Who is wise enough to save the Caucasian race? Now is the time for a leader to appear. Appalling spectres are looming up with hideous mien."

Melville C. Keith, M. D.: "The sexual pleasures * * * burn out the bodies of more men and women than any other habit. It is to this sexual passion perverted that we must look as the cause of the insane drinking and the folly in life where the family are sick and idiotic, with deformities and cripples of all sorts. Unhappiness and misery abound after the

parents have had their sexual contact and sexual pleasures 'greatly enhanced' by these LYING 'Ethics of Marriage.'"

Kenhelm Winslow, B. A. S., M. D.: "Any excess in frequency of sexual intercourse is followed by feelings of depression and debility of some sort which may be readily attributed *to the cause and so corrected*. Any deviation from the natural mode of intercourse is pretty certain to lead to *physical disaster*; thus, unnatural prolongation of the act, or withdrawal on the part of the man before the natural completion of the act in order to prevent conception, often results in *deplorable nervous disorders*."

Benedict Lust, N. D.: "The subject is one whose vast importance is not patent to the superficial observer:—Your own parents, your children, you yourself, may have suffered agonies for half a life-time to the 'baffling of the best physicians.' And yet the *true* cause, the real, insidious, fatally perennial *cause*, may lie unsuspected, or unacknowledged, or cloaked beneath some respectably megalophonous pseudonym.

"Ninety per cent of woman's woes and a large percentage of such childhood disorders as rickets, spasms, peevishness, hyperkinesis, and digestive-nervous complications are directly traceable to perversive coition. And the nuptial night, that should be the purest and sweetest and most sacred communion period in a human life, is made the hideous instrument of man's lust and woman's wreckage."

The Chicago Society of Social Hygiene (comprising 2,000 physicians): "Sexual indulgence is not necessary to health. Many young men harbor the erroneous idea that the reproductive organs, like the muscles, are developed through exercise and become weak through disuse. If that were true the boy who exercises them regularly from his tenth year onward should have the greatest

sexual power—but everyone knows this to be the reverse of truth. The sexual power is *never* lost through abstinence from cohabitation, any more than ability to weep is lost through abstinence from weeping. Impotence or 'loss of manhood' is usually the direct result of venereal disease (gonorrhea or syphilis) or of sexual excesses.

"That cohabitation is, so far as mere physical health is concerned, absolutely unnecessary, is easily shown; the mere fact that the exemplars of physical prowess in all ages, including Roman gladiators and modern pugilists, have commonly abstained from cohabitation during the long periods of strenuous training for the physical perfection essential to successful combat, is expert evidence that sexual indulgence is not essential to supreme physical health; and it is notorious that the premature downfall of many professional pugilists of our day is due to excesses in women and wine when they are *not* in training."

Dr. E. Rosch: "Now symptoms will appear whose extraordinary diversity is astonishing. The chain of diseases resulting therefrom may be endless, according to the degree of their development. The most common are hysterics, miscarriage, difficult confinement, discontent, melancholy, madness, quarrelsomeness, prolapsus, emaciation, consumption, cancer of the womb, early sterility, lack of mother's milk, fluor albus, nymphomania, and many other evils which are themselves varieties of diseases.

* * *

"From such facts may be drawn the conclusion that wives who want to be healthy and to remain conscientious mothers, should permit sexual intercourse for creative purposes only, but never at times when this purpose cannot be fulfilled. If they sin against this law of nature, punishment will follow the offence, and they will,

by ill-temper and inner sufferings, be driven from the paradise of happy wedlock—and the husband with them.”

Mr. Arthur Gould (Author of “The Science of Regeneration”): “In this early intemperance may be found the cause of so many unhappy marriages, marriages that were full of the promise of happiness in their beginning. To obey the law, to live in harmony with the law, herein lies the secret of happiness, of usefulness, of constantly increasing health and power, and in old age, unimpaired mental vigor. Furthermore, ‘old age’, so far as this term describes the decay of physical strength, will *be greatly deferred, and disease very largely overcome.*”

Dr. Snow: “Self pollution is undoubtedly one of the most common causes of ill health among the young men of this country. This practice is *almost universal*. Boys commence it at an early age; and the habit once formed, like that of intemperance, becomes almost unconquerable. In boarding schools and colleges it obtains, oftentimes, *without* an exception. Hence the many sickly students, and the many young men of the most brilliant and promising talents, who have broken their constitutions, ruined their health, and must leave college, as it is said, ‘by hard study.’”

Prof. O. S. Fowler: “Its drain on the vital forces is indeed terrible. Semen contains FORTY times more vital force than an equal amount of red blood right from the heart. Think what wonders it accomplishes! All this concentrated vitality is wasted. Powerful constitutions can endure this strain the longer, but *finally break irreparably.* * * The loss of this secretion is the loss of virility itself.”

Dr. Dio Lewis: “A deep, swift river on which *half the race* is being borne away into darkness.”

Dr. Dio Lewis: "There is a vast deal of loose and most reprehensible gabble among doctors of a certain class about the dictates of nature. * * I know one of this fraternity, doing a very large and profitable business (to himself), who constantly advises young men to keep a mistress, and gravely warns them against the danger of accumulation of semen, which may attack the brain. *Is there no law* by which such *miscreants* may be suppressed?"

Dr. Reamy (relative to abortion): "After much investigation, it appears to me that we have become a nation of *murderers*."

The Bible: "Whosoever shall offend (assail or injure) one of these little ones—it were better for him that a millstone were hanged about his neck, and he were drowned in the depths of the sea."

R. V. Pierce, M. D.: "Not only are men subjected to useless treatment by general practitioners who overlook the real disease, caused by pernicious youthful habits pursued in solitary, or later excesses in venery, but the female sex are also quite as often subjected to treatment for diseases which do not exist, the real trouble being nervous debility and other weaknesses that have resulted from the youthful pernicious practices common to both sexes, or later excesses in marital pleasures."

In addition to the foregoing, a great many other authorities could be cited. One and all say that nothing can come from the abuse of the sexual function but harm. One and all tell of a multitude of diseases directly or indirectly traceable to the loss of this vital fluid. Having used the word "abuse" in this paragraph, it may be well to say that abuse *always* exists—when cohabitation takes place for any purpose other than that of procreation. Whether this valuable fluid is lost through masturba-

tion, whilst living an immoral life, or by practices in the married state which partake of both, makes no difference. The loss having taken place, the loser must suffer the consequences. And terrible, terrible are these consequences—often. Whatever you do, let no one deceive you by means of a quibble over the meaning of the words “use” and “abuse.” You eat—or should eat—to satisfy hunger. That pleasure is present, is a kindly way of providence. The main reason for eating, though, is to supply nourishment for the body—not for the pleasure to be found in the act. So it is with matters sexual. There may be pleasure in the act, but the pleasure *should be* only an incident. The sexual organs are for purposes of procreation—for nothing else. When used for anything else, whether married or single, the person practices Onanism. To be exact, when single, the person practices masturbation (when he is not immoral) ; when married, he practices Onanism. Nothing but *harm* can come from either. That our insane asylums are fast filling with victims of excessive sexual indulgence, should be a warning to all. Three hundred years from now, says Dr. Kellogg, we will all be maniacs. Bright prospect, is it not?

Is there no reward for those who lead a moral life, for those who are clean and pure?

Is there no reward? What a question!

Listen: “The law of compensation” operates here—as it operates everywhere else. Indeed there is reward! Nothing else guarantees greater reward! Beautiful is the reward—and this reward comes in many forms! Again, before taking up the question from my own viewpoint, let me cite authorities.

James Allen: “By earnest self-examination strive to realize, and not merely hold

as a theory, that evil is a passing phase, a self-created shadow; that all your pains, sorrows and misfortunes have come to you by a process of undeviating and absolutely perfect law; have come to you because you deserve and require them, and that by first enduring, and then understanding them, you may be made stronger, wiser, nobler. When you have fully entered into this realization, you will be in a position to mould your own circumstances, to transmute all evil into good and to weave, with a master hand, the fabric of your destiny."

Revelations, chapter ii, verse 26:

"And he that overcometh, and keepeth my words unto the end, to him I will give power over the nations. And he shall rule them with a rod of iron; as the vessels of a potter shall they be broken to shivers: even as I received of my Father. And I will give him the morning star."

Chapter iii, verse 5:

"He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before His angels."

Prof. Wm. A. McKeever: "The long-standing theory that every boy must sow his wild oats has been successfully controverted again and again by specialists who are in the best position to know about such matters. It has been proved beyond question that sexual continence on the part of men is in no sense detrimental to physical or mental health. On the other hand, it has been shown, and can be proved by any earnest seeker after truth, that continence tends to create health and vigor of body and strength and fullness of mind and a deep spirituality not at all possible on the part of those who exhaust themselves through sex dissipation."

Dr. Melville C. Keith: "One of the results of living in perfect continence is the great and increasing vitality of the brain and the nervous system.

"The man or woman who lives in perfect continence takes up (or the Vital Force takes up) these atoms which have gone into the testicle with Life and carries this Life into the Brain, extending its power and Memory, Power of concentrating thought, thinking out the end from the beginning, and the faculty of reading character and placing one thing with another is enlarged and brought out in such a manner that the man who is continent has every advantage in the world over those who do not keep the seed (or mucus) (of the female) inside of the body to be reabsorbed and elaborated into nervous material or nourishment for the nerves and brain."

Prof. O. S. Fowler: "As a man 'burned' by the ways of sin either lets such paths alone, because they give him more pain than pleasure, or else is cut down in his sinfulness; so will you from sheer self-interest, if you are still open to the voice of reason, and will exercise a little judgment, follow virtue instead of vice because of the reward of virtue giving satisfaction, comfort and enjoyment, whereas vice ends always in the complete misery and wretchedness of its pitiable victims."

H. E. Butler: "It (continence) gives a joyous, happy feeling to the body and mind; it clears up the intellect so that one can readily understand the most abstruse subjects; it gives strength and decision of character and directness of purpose; a love of refinement, purity, goodness, honor, justice, and morality; in every conceivable direction it adds to the capacity of mind and body,—a process of growth which will steadily continue; we have never known anyone who could define the limits of the

possibility of increase. We have known some of the most marvelous mind-powers gained through living the regenerate life; such as:—ability to read the thoughts of others; foresee events, and perceive the most subtle forces of nature; in fact, we have abundant reason to believe that the powers of the spirit world may be possessed by those who follow these instructions."

Ezek. xviii, 21, 22: "If the wicked will turn from all his sins that he hath committed, and keep all my statutes, and do that which is lawful and right, he shall surely live, he shall not die. All his transgressions that he hath committed, they shall not be mentioned unto him: in his righteousness that he hath done he shall live."

Dr. El Lernanto: "The reason that the sex-essence is the greatest power for good or evil, for heaven or hell, for God's kingdom or for Diabolos inferno, for contentment or misery, for health or sickness, for life or death, is because it is the primary principle of both mortal life and immortality. For if our desire be downward, that is, sensual, then mortal life, disease, sickness, death, and corruption will follow as the inevitable consequence. But if our desire, affection, love, will, is upward, that is, continency and chastity is practiced, ease or rest of mind, mortal life,—mirthful joy and health will prevail; and in due time, immortality in the flesh, and the Christ flesh will be our portion."

Arthur Gould: "It is an admitted fact that as the mental faculties become more and more developed, the sex appetite grows constantly less; it is strongest amongst those of the lowest intelligence. As the lower passions become subdued, the forces formerly wasted are transformed into power, and not until then does man really begin to live. Life takes on a different

aspect from ever before; your thoughts and aims are of a different nature. No longer content to live for yourself alone or to follow selfish aims, you become more altruistic and are ready to extend a helping hand to your fellow creatures. You become *en rapport* with your Creator and seek to live in harmony with His laws; in fact, Regeneration means the awakening of the Higher Consciousness."

The facts have been placed before you. On the one hand every conceivable sickness—on the other hand a joyous life worth living. You may take your choice. Woe unto you, though, if you choose unwisely. Plan, scheme, compromise as you will—all will avail you nothing. There can be no compromise. You must either fall to the lower levels—or you must fight, fight, fight resolutely for the better. There can be no half way measures. It is a case of "sink or swim, survive or perish." While a child, you shouted, in unison with many others, "Sink or swim, survive or perish," and your shouting meant little to you, for you did not understand. As a grown-up, you have given this little thought. Right now, though, the time has come for you to give this thought, to come to a thorough understanding, to realize to the full the rewards and the penalties, so think, think, think. Think to a decision—then ACT. Only one decision is possible to you—for in you the spark of conscience is still alive and vital.

I am backing you to win.

Furthermore, I purpose to help you, to show you *how* to win, *when* to win, and *why* you should do this or that.

As I write, a blotter, advertisement of an engraving house, lies before me. It intimates that poor plates are *the root of all evil*. Well, they may be the root of more or less evil, but *the real root of all evil is sex perversion*. Remember that, please.

Remember it not only for the present—but keep on remembering it, for unless you do, evils even worse than those now bearing you down will befall you. In any event, please remember this:

Sooner or later you will be glad to mend your ways—but—YOU MAY FIND IT TOO LATE. You will then pay the extreme penalty. I need not mention it.

“Tall oaks from little acorns grow.” The same is true of sickness; the serious illness is the successor of a slight illness. Today you are strong and well. You waste your sexual fluids (no matter how), yet you suffer little harm. You believe yourself immune, believe yourself above all others. It is a little later—and you awaken sullen and morose. Your temper is very bad, you speak unkindly to everybody. Either the foregoing—or you make efforts which result in suspicious over-brightness. Again we find a later day, and, well, things do not look so bright. It dawns upon you that perhaps, after all, the same laws that govern others govern you, too. It is not a pleasant thought. You believed yourself a favored one, yet here you are on the verge of paying the penalty. You make a weak effort, an effort in accord with your weakened will and constitution, but it avails nothing. Horror upon horrors, what fetters you have forged! At last you realize this—and deathly fear enters your heart, but just yet it is the fear of loss of sexual power. Fear of death is not yet upon you, No—you do not yet fear death. At this stage you feel far more the loss of power, of the shame that may follow in its wake. You struggle on again—but the struggle is a “con” game. It is just plain imitation, paste diamond, veneer. In plain English, your effort is not “the real goods.” As a consequence, you are still due for the crashing knockout blow, for the heart-breaking

realization that now, at last, you are fighting for your life. Alas, how often all effort is in vain. The body, weakened by excesses, lacks vitality;—the will, from lack of proper exercise, is of little value. As sentence is about to be pronounced, you tremble. The whole horrible picture comes before your mind, and you see its emptiness—for it no longer possesses even the power of glitter. All is gloom, gloom, gloom—for, be it said, sexual excesses destroy courage and confidence.

But hark!

There is help at hand.

CLEAN YOUR MIND.

"As a man thinketh in his heart, so is he."

True, you say, but how clean the mind?

Ah, you talk well! You are right! It is indeed easy to tell a man to do better, but to tell him *how* to do better—that is assuredly where many are lacking.

I shall tell you how to clean your mind—HOW TO CLEAN IT SCIENTIFICALLY, HOW REMORSELESSLY TO CRUSH OUT ALL SEMBLANCE OF IMPURE THOUGHTS.

Now—how?

By means of auto-suggestion.

And *what* is auto-suggestion?

Why, the giving of thoughts *to* one's self *by* one's self.

Here a word of explanation. Either you have a mind composed of two parts or you have two minds. One is known as the objective or thinking mind, the other as the subjective or remembering mind. Now, when you have for a greater or less time harbored impure thoughts, you have filed, as it were, for only too ready reference, a mass of rotten matter ready at any moment to help you on the downward path. The thing for you to do now is to get rid of these impure thoughts, to replace them with clean, pure, beautiful health-building thoughts, thoughts that will help you to

live a clean, successful life. This you can not well do by denying the existence of such thoughts, and I should not advise you to attempt any such movement. You **KNOW** that they are there, and you cannot fool yourself that they are not. There is no reason why you should—for that matter.

Well, then, temptation again assails you. Your mind has once more begun to flirt with the unclean thoughts already registered there. You realize that the battle is on—and you prepare to deliver a crushing knockout blow. You promptly determine to resist the evil—and this despite the Biblical injunction—**RESIST NOT EVIL.**

No—**NEVER** resist evil.

Side-step it—that's the thing.

The very instant that you find one of your impure thoughts starting out, picture to yourself a **PURE** girl, a **GOOD** girl, a **SWEET** girl. Think of some really *worth-while* girl, some *capable* girl, some *respectable* girl—for whom you have a liking, a real, *decent* liking. Try to see her sweet, cheery face. Endeavor to hear her clean, merry laugh. Note particularly the absence of anything suggestive. Note, yes, particularly, this something intangible—but clearly and pleasantly refined. It is a beautiful picture, this, is it not? Yes, and while you held this lovely picture, the other thought saw fit to retire.

GOOD BOY. A VICTORY FOR YOU.

Now, talk it over with yourself, something along this line:

"Yes, after all, it is the clean, the pure, the decent, the respectable, that is most worth-while. It is solid, this cleanness, this purity, this decency. It is solid—and open to the world. It is bright and clean—bright and clean—**BRIGHT AND CLEAN.** What pleasure, what delight, what comfort there is in this cleanness, this purity, this brightness, this cheerfulness. Now, you

foul devil, you dirty, impure thing, you get out of here. You get out *quick*. Get out—go on—get out. You're not wanted. I'm *sick* of you. You're *no* good—so get out. Go ON. GET OUT."

The foregoing is good suggestion work. Thousands have found this method effective. *You* will, too, provided you continue to fight, fight, fight. You will have your losing days—it is, I frankly admit, man's work—but you will have your glorious victories as well, and each victory will make you more and more determined to root out the evil. For boys who practice self-abuse—and WHAT boy does NOT?—this method of elimination will prove wonderfully effective.

Now for another point:

Learn to hold a thought, a good thought.

Start out Sunday with this motto: "Nothing is impossible to the man who can will." Repeat this many times during the day. Repeat it upon the first sign of an approaching impure thought. Say to yourself, "Nothing is impossible to the man who can will." Having said it, try to conjure up a picture of something you would like to achieve. If you would like to be a great pitcher, say, after having slowly and thoughtfully repeated the motto, "Come, old boy, keep your foot down. That's the way. Now, put it over. Gee, he missed it by a mile. That's speed for you. That's out-guessing him some. That's "making good" for you. You'll be pitching for the Red Sox one of these days. JUST BE CLEAN, just BE PURE, just be CONTINENT—and you can CONQUER THE WORLD. Yes, sir, BE CLEAN, BE PURE, BE DECENT, and you can CONQUER the world. You can get your \$10,000 a year—by just being CLEAN, PURE and DECENT. You can just bet your last bottom dollar that from now on and FOR ALL TIME—I WILL BE —CLEAN—PURE—and DECENT. Indeed, I AM

CLEAN, I AM pure, I AM decent. Yes, I AM *clean, pure and decent.*"

Do not talk to yourself like a poll parrot. Talk as if you were talking to a rational human being. Endeavor to get the full value of the words. Make it a point to let them *sink in*. Remember—the DEEPER they sink in—the Surer they are to CROWD OUT the *impure* thoughts. Furthermore whatever you do, do not be loose in your choice of words. Select words incapable of two meanings. You know how it is. Those who harbor impure thoughts are always ready to see something impure even in the pure. Look out for this by selecting words of unquestioned soundness, cleanliness, and purity. Study the dictionary in your effort to find them, and when you find such a word chalk it down in a little book, for, in the next point, you will find such words very valuable.

Another point: MEDITATE on the *peacefulness* of the way. By meditate, I mean that you should study this new way with a view of constantly finding more reasons for living it. I suggest this that you may get your INTELLECT on your side. Mind, suggestion is a wonderful thing, but at all times it is advisable to get *reason* on your side, too. The combination is apt to prove the undoing of the evil thoughts. PERSISTED in, this combination will win out hands down.

To illustrate: You have, let us say, for the day's motto, for holding the thought, "Don't be a fool just because you happen to know how." Say to yourself, slowly and intently, "*Don't be a fool just because you happen to know how.*" No, *don't*. Why, those foul women will throw you out into the gutter, will throw you out into the gutter, WILL THROW YOU OUT INTO THE GUTTER, when you're all in, when you have no more money. Why, you fool, you simpleton, all

they want is your money, *don't* you *know* that? They want your money, you simpleton. They want your money. After that, you can go. Then they'll catch some other sucker. No, sir, never again for mine; but it *does* feel fine to be decent. It certainly does feel fine to be decent. Say, I haven't felt as *fine* as this for months. Yes, it feels FINE. I can feel *strength*, energy, courage, self-confidence, VITALITY returning to me. It feels FINE, I tell you. Why, I feel like a gladiator. Can I pitch? Can I run? Can I swat the ball? Can I outguess that aggregation? Say, CAN I? Well, I should murmur. Why, that sexual fluid is just MAKING me. It's MAKING me. It's MAKING me. My brain, oh, how clear my brain is! And my HEART! Oh, darling mother, darling mother of my heart, MY HEART—is getting to be what YOU want it to be. Darling little mother, my *heart*, my *heart* is growing *good, good, good.*”

A word: Do not get it into your head that the foregoing talk is sissy talk. Do not get it into your head that the talks are the ravings of an emotional man. You will make a mistake, a big mistake, if you do. They are, as a matter of fact, the result of long and deep study. The suggestions are thoroughly scientific. Furthermore, they have helped many to successful conclusions of fiercely fought battles. They will help you.

An important thing to remember at all times is that words of real psychological value should be used. Avoid weak words, words with little meaning. Always use words furthering the thought you have in mind. Thus, use “clean,” “pure,” “decent,” “respectable,” “strength,” “courage,” “vitality,” etc. Use words expressing disapproval only when sure of your grip on the situation. For instance, it would be futile, a mere waste of words, to say, “Now,

you foul devil, you dirty, impure thing, you get out of here," until such time as you had eliminated any "snickering" idea that "it was a joke." You would hurt yourself to attempt it. Talk positive, that is, good, clean words, until your mind is satisfied for the time being that pure, clean thoughts are the proper thing. Then lambast the impure thoughts, but not before.

A good time to get in some fine suggestions lies at hand when you have been deeply moved by anything. You have, let us say, enjoyed a fine rendition of "The Holy City." Seize the instant to do something for yourself. Say, "Yes, it's true, true, TRUE that the good, the clean, the pure things of life LIFT UP. Yes, the good, the pure, the clean, the decent things of life LIFT UP—and THEY ARE WORTH HAVING. How uplifting, how elevating 'THE HOLY CITY' is. What a fine clean mind the composer must have had. For mother's sake, for Nellie's sake, and for MY sake, I WILL be clean, pure, true. The clean, pure, true life—is the LIFE for me."

It is a colossal undertaking, often, this eliminating of bad thoughts—but it can be brought to a successful completion. Always, the results are worth every bit of the effort put forth. In proof of this, please let me cite from experience.

A young man who had answered my advertisement, sat before me. There was no question as to what was the matter with him. He said nothing. I said nothing. "Will that diaductive device help ME?" He finally asked.

"Certainly," I replied, "provided you will do what I tell you to do. You know, my boy, that you can do *nothing* until you REMOVE THE CAUSE."

Then I talked to him much as I have talked to you in the foregoing lines, and, to his credit, let it be said that he took

hold like a little major. Result, a quick cure. His vitality came back quickly. It was a fine exhibition of the value of conserving the sexual forces.

This young man told me that the fault lay largely with his wife. He told me that "She won't let me keep away." I told him that she simply did not understand, that, provided he told her what I told him, she would quickly help him. She did, too, as do nearly all women—when once *they* understand. And here comes a pretty sequel. She had been ailing for years with—never mind what. In TWO WEEKS—think of it—the ailment DISAPPEARED.

That TALKS.

Yet this is only one case. I have seen the conservation of the sexual forces repeat this performance again and again. There is no guess-work about it whatever, there is no question of luck, there is no question of "nature did it." Nature, to be sure, did it, but in making my tests I brought forward no change in the life of those experimented upon. In none of the cases did I make use of my knowledge of diet. In none of the cases did I teach the person any of the methods given further on. I left it all to the conservation of the sexual fluid—and the conservation did all that was expected. It will do as much for *you*. Do you wish it to do so? Very well. GIVE IT A CHANCE—and BE HAPPY.

Victims of debility or illness of any kind, when they recognize it to be due to perversion of the sexual instincts, naturally turn to M. D.'s. It is only natural that they should do so. Such victims believe that medicine will cure, but medicine will *not* cure, nor will anything else, unless, first, the mind be cleansed. Always, first, and most important, comes the cleansing of the mind and the restoration of the will power, which, by the way, is largely

dependent upon the *health* of the person. The better the health the better the will power—usually. This should satisfy even the most reckless disregards of the laws of sexual hygiene that they are monkeying with a mighty dangerous fire.

Now you, if a victim, should refrain from the use of drugs. You should especially refrain from seeking the counsel of the sharks who prey upon such misery, for if you do not, you will pay a staggering bill. Unless you have utterly disregarded the warnings which are always given, you need have no fears. Nature is kind—and will do wonders in restoring you to health. All you need to do is to follow Sheldon's matchless prescription:

"Eat right, breathe right, *think* right and exercise right, and you will be ALL right, physically, mentally and morally."

Yes, easier said than done—but it CAN be done—MUST be done. It may take several *months* before you see direct benefits, but bear in mind that you have been pulling down more than a few months—and that, under the circumstances, you should be willing to wait for the building up process. That's only fair.

As to using medicine—rather than leaving the entire job to Mother Nature, please listen to the following—from men who know:

Dr. Dio Lewis: "The victims of spermatorrhea must not hope for relief in the use of medicines, but must seek restoration in determined abstinence from all sexual indulgences and libidinous fancies, conjoined to a faithful observance of the laws of health. One of the obstacles to cure in this common and afflicting malady is the notion that the disease may be got rid of by opening the mouth and swallowing medicine. The patient cannot understand you when you assure him that *he*

must cure himself. All the specific medicines, patent rings, cauterizations, etc., *are each and all a deception and a snare."*

Dr. Jackson: "There is no disease prevalent with our young men which is so terribly destructive, because of its widespread blight and blasting of prospects and of character as seminal weakness exhibitiv of seminal losses. I have given it the best thought, under a very large practice, for investigation of its nature and its legitimate effects on the human organism, and the best means of overcoming it, and I am satisfied that *no plan of medication which involves the taking into the circulation of anodynes, sedatives, excitants, or alteratives will meet the necessities of the case.* It has its origin in bad habits of living, and while these exist the *causes* exist; and while these exist it is impossible for any man, representing any school of medicine, however skillful he may be, to make the effects cease. Only by inducing the subject of it to return to great simplicity in all his habits, and to have a much larger proportion of these strictly hygienic, can we hope to be effectually rid of this terrible scourge. * * * Without wishing to say anything derogatory of the medical profession, I do distinctly declare my conviction that *medicines internally administered, no matter by what physician, of whatever school, for this disease, will not produce a curative effect.* I do not believe that out of ten thousand or more young men who have first and last consulted me with a view to their deliverance from this form of weakness, and their possible restoration to health, there have been a dozen who had not, before coming to me, faithfully tried the specific remedies offered them by physicians of almost all drug schools. In many instances the medicines which they had taken served only to intensify the mor-

bid sensibility of the genitals and to render their resumption of normal action all the more difficult. They were just so much worse than they would have been had they taken no medicine, as the effect of the medicines taken had been sensibly felt. Every dose they took, whether tinctures or powders, pellets or pills, little or large, *did them actual damage*. This experience, running over a very wide field, has forced me to the belief that for this form of debility drug specifics are not demanded, but that sufferers from seminal weakness should relate themselves, by constitutional and functional conditions, where their vital energies can begin to work naturally."

The foregoing were taken from "Manhood; Wrecked and Rescued," by the Rev. W. J. Hunter, a very careful investigator. HEED THEIR WARNING.

Now for some straight advice as to cure:

First and foremost CLEANSE YOUR MIND. Cleanse it according to the method already suggested. You will find that method the most effective yet devised.

Secondly, "Eat right, breathe right, *think* right and exercise right, that you may be all right, physically, mentally and morally."

You eat right, when you eat in moderation good, nourishing food. Avoid fatty foods and pastry. All oily, greasy and fried foods excite the passions. Sophie Leppel, the noted food expert, in her booklet, "Sexuality and Vitality," says:

"Foods which in any possible combination engender and promote sex troubles: Coffee, cocoa (including chocolate), alcohol, beef, oatmeal, cheese in ordinary use, eggs.

"Foods, when properly combined, conquer sex troubles: Lean fresh meat (except beef), game, fowl, rabbit, salmon, turbot, conger eel, fresh berries, apples, pears, oranges, melons, tomatoes, lemons, celery, cu-

cumbers, lettuce, cress, green leafy vegetables, rice, dried white bread."

The philosophy of that diet is apparent; produce blood and vitality only as fast as you can control it.

Any person who will carefully note results, will find that often after eating a hearty meal of eggs or *baked beans* he will find himself going wrong. Bear in mind, when eating the forbidden foods, what the result will be—so that you can set yourself right mentally in advance. To be able to do this means to be able to bring about rapid cure.

Thirdly—BREATHE RIGHT. Breathe from the abdomen up. Always, yes always, breathe from the abdomen up. Push out your abdomen—then breathe slowly, deeply, fully, freely, through the nose. The breath may be expelled either through the nose or mouth. Of course you will make it a point to breathe *fresh* air. You should be sure to sleep with windows wide open.

Fourthly—THINK RIGHT. Upon this ALL depends. You have been advised fully as to how to do this.

Fifthly—EXERCISE RIGHT. This means, largely, that you should WALK. Walking is the finest possible exercise for sufferers from sexual debility. Furthermore, this takes you out into the open. While walking, when you see persons of the opposite sex, think of their *good* points. Pretty soon you will be able to see them—and lascivious thoughts will no longer serve to destroy your life.

Bathe regularly. You should have at least one good bath every week. The cooler the water the better. Use it as cool as YOU can bear. Do not attempt a cold plunge if your vitality is insufficient. Use common sense. Daily splashing of the genitals with cold water, and a cold rub down over the chest, with splashing of the

anus, will give you a satisfactory feeling.

Here is the osteopathic cure; that is, it is a powerful part of their cure: Slap the lower part of the hips smartly, even pound them. Do it day after day—for it takes time to effect a cure, remember. This is effective—even though a method of great antiquity. The Romans used it in their days of heedless self-destruction.

Urine should be voided before going to bed—and should likewise be passed if the patient should awaken during the night.

The bowels should be kept open. Constipation must not be permitted to be present. The following suggestions will give you some simple exercises and will keep you free from constipation:

1. Take 20 deep breaths before arising while lying flat on your back. Breathe from the abdomen UP.

2. Turn that part of your body above the hips strongly to the *right* 20 times daily—every morning. This is known as the “liver squeezer”—and will supply the proper secretions.

3. Try to touch floor with tips of your fingers 20 times each morning. This will serve to keep your spine supple—and while it is supple you remain young. Will also stimulate the nerves.

4. Beginning at the lower part of the abdomen, describe two outward semi-circles with the tips of your fingers, just barely touching the skin of the abdomen. These semi-circles should terminate near the navel. Repeat, very lightly, a dozen times or so. This has been found by many persons a wonderful promoter of proper and efficient evacuation.

I think it would be well for all persons in the least sick, and from any cause whatsoever, to eat no breakfast—or at the most an apple or an orange. I can vouch for this plan—for I have known it to do

phenomenal work. Doctors Dewey and Eales are great exponents of the fasting cure—and the results they get speak for themselves.

Soon after beginning to follow the instructions herein given, *you will find yourself unable to sleep*. Well, when that happens, get up and walk the floor all night, if necessary, but please, please, please do not masturbate or approach your wife—as you have so often done in the past when suffering from sleeplessness. To be sure, sleep always follows either of the forms of masturbation named, but IT FOLLOWS BECAUSE OF LOWERED VITALITY—and will be followed, later on, by a stroke of apoplexy, softening of the brain, paralysis or perhaps any one of a hundred other death-producing diseases. Can YOU afford to run the *risk*? Remember, this sleeplessness will be present only a few nights. After that you will sleep as you never had the pleasure of sleeping before.

If a married man or woman—be sure to take your partner into your confidence. Tell how your health is being ruined. You will then find out just how much your partner loves you—and you will find that HE OR SHE LOVES you.

Continence leads to HAPPINESS in MARRIAGE. The less the cohabitation, the greater the HAPPINESS. This has been proved again and again. That “first year of married life” tradition speaks for itself. Be continent—and you will have no regrets over that first year. You will be as happy as during courting time. And every year of your life will be courting time. Does continence bring compensations?

Association with pure-minded men and women will do much to bring about purification of your mind.

Read good books—clean books—PURE books.

Men and women leading an immoral life should remember that there are *no* slight venereal diseases. *All* such diseases are SEVERE diseases.

Taking mercury into the system, say many physicians, is equal to cutting your throat. Better eliminate the necessity for taking the mercury.

Keep busy. Have some work, no matter how slight, on hand at all times. This will occupy your mind with proper material. The very moment you find your mind diverting to impure thoughts, *change*. Do not combat these thoughts—SIDE-STEP them—as suggested heretofore.

Get up at once upon awakening in the morning. Keep away from the fire.

Never retire while your mind is occupied with impure thoughts. Cleanse your mind first.

Keep a record of your victories. See how many days you can go without losing any seminal fluid through direct fault of your own. Then set out to beat this record the next time. Keep it up. Finally you will get a clean score for a long time. Each victory will hearten you up for further efforts. In any event, KEEP ON TRYING. No matter how many failures may come KEEP ON TRYING. It is your LAST HOPE.

Take a look at your eyes now. Study them carefully. Note every little detail. Be continent for a month and then look again. Do you see any difference? What is the difference? Be continent now for three months. Keep studying your eyes throughout the period. Instructive study, not so?

For a strong heart, strong lungs, strong kidneys, strong nerves, a powerful body and matchless brains, BE CONTINENT. The sicknesses of nine out of ten grown-ups come from sexual perversion, directly or indirectly. A startling record—costing an

AMAZING amount of money, pain, sorrow and worry.

Where there is no sexual intercourse during the period of child-bearing, there will usually be no vomiting—and the birth will be wholly or almost free from pain. Dr. Rosch submits as evidence in support of this the fact that girls who, in a weak moment, fall, do not vomit when no further intercourse takes place. Why should not married women enjoy this boon, too?

The following will be found a GODSEND to women and girls who suffer at the monthly period:

First place a hot cloth, a cloth wrung out of hot water, as hot as can be borne without burning, over the lower part of the abdomen. When it has cooled, place a cloth wrung out of *cold* water, water as cold as you can get, over the same place, and let it remain until it grows warm. Then put on a hot cloth again, to be followed in turn by a cold one. The first time there will be some shock, but not thereafter. Wind up with a hot cloth. Yes, BEGIN with a HOT cloth and END with a HOT cloth. I could give you a scientific explanation of this, but that's not the point. USE this and convince yourself. I have known it to cure or relieve again and again when everything else had failed. I have known it to cure women who had traveled all over the world in an effort to find something effective. Takes a little more time than swallowing a pill, to be true, but—IT HELPS. No, it will not cure you FOREVER. Nothing will. Strengthen your body as much as possible. That is as much as you can do—but THIS strengthening of the body will help MUCH. The suggestions here given will do the rest.

Tell your children about the value of the continent life when they are SEVEN years old. It will NOT be too soon. Many

boys have been known to masturbate at 6 years. Girls have been known to do so at FOUR years. The fate of these children is sealed. TAKE WARNING—and LOOK OUT for *your* children. The best children in the world do it—YOURS amongst the number.

The BEST thing of which I know, is to teach your children proper mind control. Teach them *how* to control the mind—and *why* necessary. Incidentally, point out the advantages to be gained by living a continent life.

You will always BE GLAD that you did.

You will save money, misery, LIFE.

Do NOT chase will-o'-the-wisps. STRIKE AT THE CAUSE. You can NOT cure by doctoring *effects*. When the *cause* has been removed, the *effect* will cease—if not too late. So much is SURE.

Remove the *cause* NOW.

Good luck to you.

We are always glad to hear of experiences in living the continent life—and to help those who are having a hard time in weathering the storm.

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